

# Today Is Yours

## Psychiatric Support



# Linda Perry

Psychiatric Mental Health Nurse Practitioner

*Today is yours, even though this today may not feel that way. If you no longer feel real joy... if you feel overwhelmed... today is the day you can start taking charge of your future. I can help.*

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*I am dual-credentialed as a Psychiatric Mental Health Nurse Practitioner and as a Certified Nurse Midwife. I've brought babies into this world and I've helped adults embark on their journey back. It all begins with a single step.*

### About Me



- Board-certified in NJ, NY & MD.
- Expertise in medication management.
- *Emphasis on treatment of issues related to:*
- Fertility, pregnancy & motherhood.
- Trauma and PTSD.
- Stress and anxiety.

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Sessions online or in-person, in Caldwell, NJ